

Please note, this is just a sample of a mid-year progress report; to determine exactly what is needed for the specific level(s) your school is achieving this year go to the mid-year progress report checklists.

GMS Mid-Year Progress Report August 2008-December 2008

School Green Meadow Elementary
Mentor's Name Courtney Hall LHD Salt Lake Valley
School Coordinator's Name Mark Scheer
Principal's Name Kathleen Miller
07-08 Level Gold Goal Level for 08-09 Platinum

BRONZE

- ☒ #1: 90 minutes of PE policy
- ☒ #2: Description of how Health Ed Core Curriculum is taught
- ☒ #3: Description of Gold Medal Mile events
- ☒ #4: Safe Routes policy and map
- ☒ #5: Tobacco Policy
- ☒ #6: Description of Heart Health surveys

SILVER

- ☒ #1: Description of PTA/PTO health event
- ☒ #2: Faculty and staff wellness description and policy
- ☒ #3: Description of competitive and non-competitive programs
- ☒ Criteria Menu #1: Walk to School Day
- ☒ Criteria Menu #9: Red Ribbon Week
- ☐ Criteria Menu #10: Olympic Field Day

GOLD

- ☒ #1: PE teacher/specialist policy
- ☒ #2: Non-food incentive policy
- ☒ #3B: Team Nutrition
- ☒ #3F: Food Service Training
- ☒ #3G: Non-Food Fundraiser
- ☒ #3I: Recess Before Lunch
- ☐ Criteria Menu #3: Grocery Store Tours
- ☒ Criteria Menu #11: Community use of physical activity facilities

PLATINUM

- ☒ #1: School Community Council established and meets regularly
- ☐ #2: Healthy Choices policy
- ☒ #3: Year-long faculty/staff wellness program
- ☐ #4: Family and community involvement in GMS
- ☒ #5A: Recess Before Lunch Policy **OR**
- ☐ #5B: Adequate Eating Time policy

PLATINUM FOCUS – MENTAL HEALTH AND WELLNESS

- ☐ #1: Medical Recommendations Policy

☐ # _____:

Green Meadow Elementary Newsletter

November 2006
Volume 1, Issue 1

Principal Name Here
Vice-Principal Name Here



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Upcoming Events

- ◆ Event One
- ◆ Event Two
- ◆ Event Three

Principal's News

The purpose of a newsletter is to provide specialized information to a targeted audience. A school newsletter can be a great way to develop a strong relationship with parents.

First choose a short title for your newsletter— something like "School News," or "Back to School." As you choose the title, also take time to think about the newsletter's theme. What important messages do you want to send parents and families?

Next, establish how much time and money you can spend on your newsletter. These factors will help determine how frequently you publish the newsletter and its length.

Use the body of your school newsletter to keep parents apprised of major assignments and class events, as well as of any school district news. Share news for specific grade levels, and tell parents about upcoming events, new

faculty, and school policies. You can also provide explanations of how projects and daily work conform to the state standards.

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Gold Medal Schools Update

The purpose of a newsletter is to provide specialized information to a targeted audience. A school newsletter can be a great way to develop a strong relationship with parents.

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Use the body of your school newsletter to keep parents apprised of major assignments and class events, as well as any of school district news. Also share news for specific grade levels,

and tell parents about upcoming events, new faculty, and school policies.



Bronze #1: Green Meadow Elementary 1-6 students currently get 60 minutes of structured physical activity from PE classes. In addition to the current 60 minutes the students will walk the Gold Medal Mile twice a week (30 minutes) and do 5-Minute Energizers in the classroom each day of the week (25 minutes).

Total structured physical activity 115 minutes per week.

Bronze#2: All teachers at Green Meadow Elementary teach the Utah State Office of Education's Health Education core curriculum. The Health Ed core curriculum was discussed at faculty meeting in September and teachers were given copies of the lesson plans for their grade level.

Bronze #3: Indoor and outdoor GMM courses were established and marked. The outdoor course is $\frac{1}{4}$ mile in total length. Students will walk around the course four times to equal a mile. The indoor course is in the gymnasium. Students must walk 25 laps around the gym to equal one mile.

The students made the goal of walking around the world at the equator. To promote the mile, a map of the world is outside of the office. The school mascot, a cougar, was used to represent how far the students had walked. To track the number of miles walked students were given tickets by recess duty when the students had completed the mile. The students then put their tickets in a box outside the office. The tickets were counted every other Thursday and the cougar was moved the appropriate distance on the map.

As of November 15, 2008 the students walked 8,692 miles. All miles have been logged onto utahwalks.org.

Bronze #6: Green Meadow Elementary staff filled out the Heart Health Surveys in the Fall of 2003.

Silver #1: Green Meadow Elementary participated in the Walk Your Child to School Program on Wednesday October 8, 2008. The school sent letters to the parents to inform them of the event and encourage them to participate. On the morning of the event students walked to school using the established Safe Routes. Students who ride buses were dropped off one mile from the school so that everyone had an opportunity to walk. Officer Friendly and local high school football players attended the event. They distributed pins to those students who walked to school. The football coach then spoke with the students and encouraged them to continue to walk to school and to stay active and healthy. The PTA helped organize this event and provided orange juice and bagels to all students who participated.

Silver #3: Competitive and non-competitive physical activity is offered at Green Meadow Elementary. Competitive Activities include basketball, soccer, softball, and four square. Noncompetitive Activities include jump rope, dance, yoga, skills training, and the gold medal mile.

Gold #3B: Green Meadow Elementary enrolled as a Team Nutrition School, on August 30, 2007. Team Nutrition added new ways to incorporate nutrition in everyday teaching.

We invited a chef to teach students and parents how to make an easy and healthy recipe. Parents were invited to attend with their students. A culinary student at Salt Lake Community College volunteered to teach one grade each month how to make an easy and nutritious treat. While showing the students how to prepare their treat the student taught the importance of eating healthy.

The chef taught:

- Grades K-2 how to make a banana octopus;
- Grades 3-4 how to make a fruity breakfast parfait; and
- Grades 5-6 how to make crunchy vegetable burrito banditos.

The chef found the recipes on www.fruitsandveggiesmorematters.com.

Students took a recipe home with them and were encouraged to make it with their parents while telling them what they had learned about nutrition.

Gold #3G: Green Meadow Elementary does not participate in food fundraisers. This year's fundraisers will be a craft fair fundraiser and wrapping paper fundraiser.

Criteria Menu #1: Green Meadow Elementary participated in the Walk Your Child to School Program on Wednesday October 8, 2008. The school sent letters to the parents to inform them of the event and encourage them to participate. On the morning of the event students walked to school using the established Safe Routes. Students who ride buses were dropped off one mile from the school so that everyone had an opportunity to walk. Officer Friendly and local high school football players attended the event. They distributed pins to those students who walked to school. The football coach then spoke with the students and encouraged them to continue to walk to school and to stay active and healthy. The PTA helped organize this event and provided orange juice and bagels to all students who participated.

Criteria Menu #3: Green Meadow will schedule Grocery Store Tours for all third grade classes in February.

Criteria Menu #9: Green Meadow Elementary participated in Red Ribbon Week to encourage students to stay drug free. We had an assembly on Monday, October 27 to kickoff the week's events. After the assembly students were encouraged to pledge to be drug-free by signing a poster. The poster was then placed at the entrance of the school to remind the students that they pledged to stay drug-free. Other posters were made to decorate the halls and to remind the students of the week's events.

In their art classes students participated in the "Say Goodbye to Joe Camel" poster contest. Students made posters to encourage others to quit smoking. Each class picked the best poster from their grade level. The winners were awarded a ribbon and a Gold Medal School t-shirt.

Teachers showed **Smoke Screeners**, a video teaching students how to recognize the use of tobacco in popular entertainment. After the video, teachers taught that tobacco is a drug and that when students pledged to stay drug-free they also pledged to stay tobacco free.

Students were encouraged to wear Red on Friday, October 31 to show their commitment to staying drug-free.

Criteria Menu #10: An Olympic Field Day will be held in May 2009.

Criteria Menu #11: Green Meadow Elementary allows students and community members to use their outdoor physical activity facilities such as the GMM track, softball fields, soccer fields and the big toy before and after school. The community will also be able to use the gym for competitive basketball games on Saturdays from 7 AM to 4 PM. When community sports contact the school about using facilities for extra-curricular activities, the school will allow it when appropriate.

Platinum #1: Green Meadow Elementary already had a School Community Council in place. They meet on the second Tuesday of each month. Members of the council included four parents or guardians, three school employees, and the principal. Before this year health was not discussed regularly.

To meet this criteria, a health topic was added to the agenda of each meeting and additional members were invited to participate. Two students, the school coordinator, and a food service worker were invited to the beginning of each meeting (when health topics were discussed). After health and Gold Medal School topics were discussed, the additional members were excused.

**Green Meadow Elementary
School Community Council
October 5**

1. Review GMS Action Plan
2. Walking track for Gold Medal Mile
3. School Improvement Plan
4. Trust Lands
5. Questions or concerns

Platinum #3: Faculty and staff were given permission to use the local high school's fitness center throughout the school year for a small maintenance fee. The fitness center was available to faculty and staff from 5:30 AM to 7:00 AM and 3:00 PM to 5:30 PM Monday through Friday. Faculty and staff were made aware of this at the first faculty meeting of the year and were encouraged to take advantage of this opportunity at faculty meetings throughout the year.

Information on physical activity and nutrition was provided to faculty and staff through a monthly newsletter created by the mentor. The newsletter was distributed in teachers' boxes on the first Tuesday of each month.

Platinum #4: This criterion will be completed in March 2008. All parents will be invited to walk the Gold Medal Mile with their students for the months of March, April, and May.